



### **Nutrition Education Goals**

1. Example: *Provide nutrition education curricula that are skills-based and incorporates nutrition concepts from the 2010 Dietary Guidelines.*
2. Health and Physical Education Curriculum will be developed over the 2013-2014 school year. Based on new health standards we will review the aspects of this procedure.
- 3.

### **Nutrition Standards Goals**

1. Example: *Make information available to students and their parents/guardians concerning USDA school meal requirements and the nutrition content of food and beverages provided/sold.*
2. This can be started in the fall with the start of the 2013-2014 school year.
- 3.

### **Physical Education/Physical Activity Goals**

1. Example: *Incorporate physical activity into other subject areas (e.g. math, language arts, social studies, science), or between lessons.*
2. The curriculum will be reviewed for implementation of these requirements.
- 3.

### **Other Activities:**

1. Example: *Ensure fund-raising activities are supportive of healthy eating.*
2. Review policies and make adjustments as necessary.

**Measurements and outcomes:**

Goal number	Date of Implementation	How the goal was implemented	Outcome
EX 1. Ensure fund-raising activities are supportive of healthy eating.	9-15-12	Students were asked what type of healthy snacks they would like in their vending machines	Fund raising vending machines contain healthy choices only
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

**Promoting Student Wellness**

- Provide student access to physical activity facilities outside school hours.
- Schedule recess for elementary students before lunch.
- Develop strategies for parents, school personnel and community members to serve as role models.
- Provide students with healthy rewards.
- Apply for a Healthier US School Challenge award:  
<http://teamnutrition.usda.gov/healthy/wellnesspolicy.html>
- Drive your school’s performance with healthier foods and more physical activity.
- Measure the academic success of your school and celebrate.

Resources:

<http://www.fns.usda.gov/tn/Healthy/wellnesspolicy.html>

<http://www.emc.cmich.edu/BrainBreaks/TOC.htm>

[http://www.schoolnutrition.org/Search\\_better.aspx?searchtext=wellness](http://www.schoolnutrition.org/Search_better.aspx?searchtext=wellness)

<http://www.teamnutrition.usda.gov/healthierus/index.html>

<http://www.fns.usda.gov/tn/>

<http://www.fns.usda.gov/tn/Resources/healthiermiddleschools.htm>